DOCUMENT RESUME

ED 097 462 CE 002 226

TITLE	Awaken to the World of Food Service; Commercial Cooking and Baking--Basic: 9193.01.
INSTITUTION	Dade County Public Schools, Miami, Fla.
PUB DATE	72
NOTE	30p.; An Authorized Course of Instruction for the Quinmester Program
EDRS PRICE	MF-$0.75 HC-$1.85 PLUS POSTAGE
DESCRIPTORS	Behavioral Objectives; Course Content; *Curriculum Guides; Food Service; *Food Service Industry; Food Service Occupations; Food Service Workers; *Foods Instruction; Grade 10; Home Economics Education; *Nutrition Instruction; *Occupational Home Economics; Secondary Grades
IDENTIFIERS	*Quinmester Program

ABSTRACT

This course outline has been prepared as a guide for the tenth grade student in commercial cooking and baking or food management, production, and services. It provides basic experiences in the field of commercial food service, the hotel and restaurant industry and types of food service establishments. The course consists of 90 clock hours, covered in three blocks of instruction (orientation, introduction to the food service industry, and basic nutrition). The guide features an outline of specific block objectives and course content, a two-page bibliography and an appendix of Quinmester post-test samples. (Author/BP)

ED 097432

CE

BEST COPY AVAILABLE

U.S. DEPARTMENT OF HEALTH, EDUCATION & WELFARE
NATIONAL INSTITUTE OF EDUCATION
THIS DOCUMENT HAS BEEN REPRODUCED EXACTLY AS RECEIVED FROM THE PERSON OR ORGANIZATION ORIGINATING IT. POINTS OF VIEW OR OPINIONS STATED DO NOT NECESSARILY REPRESENT OFFICIAL NATIONAL INSTITUTE OF EDUCATION POSITION OR POLICY.

AUTHORIZED COURSE OF INSTRUCTION FOR THE QUINMESTER PROGRAM

DADE COUNTY PUBLIC SCHOOLS

Course Outline
COMMERCIAL COOKING AND BAKING - BASIC - 9193
HOME AND FAMILY EDUCATION - 2751
(Awaken to the World of Food Service)
Department 48 - Quin 9193.01 and 2751.01

DIVISION OF INSTRUCTION • 1973

CE002226

ED 097462

D A D E C O U N T Y P U B L I C S C H O O L S

1 4 5 0 N O R T H E A S T S E C O N D A V E N U E

M I A M I, F L O R I D A 33132

Course Outline

COMMERCIAL COOKING AND BAKING - BASIC - 9193
HOME AND FAMILY EDUCATION - 2751
(Awaken to the World of Food Service)

Department 48 - Quin 9193.01 and 2751.01

county office of

VOCATIONAL AND ADULT EDUCATION

THE SCHOOL BOARD OF DADE COUNTY

Mr. G. Holmes Braddock, Chairman
Mr. William H. Turner, Vice-Chairman
Mrs. Ethel Beckham
Mrs. Crutcher Harrison
Mrs. Phyllis Miller
Mr. Robert Renick
Dr. Ben Sheppard

Dr. E. L. Whigham, Superintendent of Schools
Dade County Public Schools
Miami, Florida 33132

November, 1972

Published by the School Board of Dade County

Course Description

9193	48	9193.01	
6773	48	6773.01	Awaken to the World of Food Service
State Category Number	County Dept. Number	County Course Number	Course Title

This is a basic 10th grade course for one quinmester in exploratory Food Service. It provides basic experiences in the field of Commercial Food Service, the hotel and restaurant industry and types of food service establishments.

The student will be able to answer the following:

What is food?
What industries are related to food service?
What are the types and characteristics of food service units?
What job opportunities are available to youth in the food service industry?

Clock Hours: 90

PREFACE

BEST COPY AVAILABLE

This quinmester course outline has been prepared as a guide for the tenth grade student in Commercial Cooking and Baking or Food Management, Production and Services. It would be used to introduce the student to the basic concepts needed to understand the Hotel-Motel and Restaurant industry. It is hoped that this course of study will encourage students to enter this growing vocational field with its many and varied opportunities.

This quinmester course outline is 90 hours, covered in three blocks of instruction and concluded by a post-test. Emphasis will be placed on gaining information and knowledge of food service needed before entering the skill-development courses of the advanced level.

The classroom instruction includes group discussions, lectures, demonstrations, mock-ups, audiovisuals, field trips, individual assignments and tests. Guest consultants from industry are called upon to supplement the instruction. The quinmester course outline introduces the student to the use of recipes, information sheets, food service manuals and textbooks related to the broad area of Commerical Food Services.

This outline was developed through the cooperative efforts of the instructional and supervisory personnel, the quinmester advisory committee, and the Vocational Curriculum Materials Service, and has been approved by the Dade County Vocational Curriculum Committee.

BEST COPY AVAILABLE

TABLE OF CONTENTS
with Suggested Hourly Breakdown

	Page
PREFACE	i
GOALS	iii
SPECIFIC BLOCK OBJECTIVES	iv
BIBLIOGRAPHY	7

BLOCK

I. ORIENTATION (22 Hours)

Objective of Course	1
Course Requirements	1
Food Handlers Training Course	1
Learning To Work with Others	1
Favorable Attitude Toward Work	1
Student Responsibilities	1
Personality, Posture and Personal Appearance	1

II. INTRODUCTION TO THE FOOD SERVICE INDUSTRY (34 Hours)

History and Background of the Hospitality Industries	2
Types of Food Service Units	2
Industries Related to Food Service	2
Services and Policies of "The House"	2
Meeting the Manager's Expectations	3
Job Description in the Food Service Industry	3

III. BASIC NUTRITION (34 Hours)

Definition of Nutrition	3
Factors Influencing Food Choices	3
Basic Four Food Groups	3
Composition, Functions and Sources of Nutrients	4
Digestion	5
Retention of Nutrients in Food	5

IV. QUINMESTER POST-TEST

APPENDIX: QUINMESTER POST-TEST SAMPLES 8

GOALS

The commercial food services student must be able to demonstrate:

1. The ability to work cooperatively with others.
2. An understanding of and appreciation for safety, personal hygiene, and sanitation practices for food handlers.
3. A knowledge of career opportunities in food service industries.
4. A knowledge of "Food Cost and Control" and "Time and Motion Control."
5. An understanding of basic cooking and baking procedures.
6. The ability to define food, nutrition, nutrients, recipe and menu.
7. The ability to interpret and use a recipe effectively.
8. Knowledge of the types of opportunities available in the food service industry.
9. An interest in further training and advancement.

SPECIFIC BLOCK OBJECTIVES

BEST COPY AVAILABLE

BLOCK I - ORIENTATION

The student must be able to:

1. Demonstrate good personal hygiene and proper sanitation habits when working with food.
2. Demonstrate a personal appearance which reflects pride, proper posture and general attractiveness.
3. Describe, in writing, five favorable attitudes which can lead toward success in food service work.
4. Use knowledge of the names, nature and presentation of food-borne diseases to provide steps for their prevention.
5. Exhibit the ability to work with others in food production and service.
6. Demonstrate kitchen safety.

BLOCK II - INTRODUCTION TO THE FOOD SERVICE INDUSTRY

The student must be able to:

1. Write a paragraph describing the major developments in the history of the restaurant industry.
2. Give three reasons for the need for "policies of the house" in the food service industry.
3. Discuss job descriptions in the food service industry.
4. Cite three reasons to illustrate the importance of an employee meeting the manager's expectations.
5. Give three examples of self-service food units and three examples of service units.
6. Discuss the specific characteristics and functions of each of the types of food service units.
7. Classify the types of industries related to food service.

BLOCK III - BASIC NUTRITION

The student must be able to:

1. Write a paragraph giving a broad definition of the term nutrition.
2. Give examples of factors that influence food choices.

3. Classify foods into the Basic Four Food Groups and describe the major nutritive functions of each group.

4. List, in writing, the five major groups of nutrients and describe one major function of each.

5. Describe four functions of water in the body.

6. Discuss the process of digestion in the human body.

7. Use food preparation and storage techniques which demonstrate knowledge of the retention of food value.

Course Outline

COMMERCIAL COOKING AND BAKING - BASIC - 9193
HOME AND FAMILY EDUCATION - 2751
(Awaken to the World of Food Service)

Department 48 - Quin 9193.01 and 2751.01

I. ORIENTATION

A. Objectives of Course

B. Course Requirements
1. Obtain Certificate of Health
2. Complete written assignments
3. Complete practice assignments
4. Complete class notebook
5. Show satisfactory test scores

C. Food Handlers Training Course
1. Food contamination
2. Symptoms of food poisoning
3. Disposal of waste and refuse
4. Communicable diseases
5. Insect and rodent control
6. Laymen's bacteriology
7. Use and care of dishwashing machine
8. Food Handler's Certificate secured

D. Learning To Work with Others
1. An attitude of cooperation
2. Respect toward fellow workers
3. Respect for authority
4. Loyalty and obligation to management
5. Causes of dismissal from a job

E. Favorable Attitude Toward Work
1. Good work habits
2. A sense of responsibility toward a job
3. An appreciation for high-standard workmanship
4. A desire to advance
5. Pride in the job

F. Student Responsibilities
1. Attendance and make-up work for absences
2. Promptness
3. Use and care of equipment and supplies
4. Good housekeeping
5. Complete uniforms
6. Complete notebook
7. General kitchen safety

BEST COPY AVAILABLE

G. Personality, Posture and Personal Appearance
1. Personal hygiene

I. ORIENTATION (Contd.)

2. Good grooming
3. Proper clothing for work
4. Correct posture for work
5. Pleasant manner

II. INTRODUCTION TO THE FOOD SERVICE INDUSTRY

A. History and Background of the Hospitality Industries
   1. The first public coffee house (food for people away from home)
   2. Scope, current trends and future of the food service industry
   3. Career opportunities

B. Types of Food Service Units
   1. Self-service units
      a. Buffet or smorgasbord
      b. Cafeteria
      c. Take-out
   2. Service units
      a. Table
      b. Counter
      c. Combination table-counter
      d Tray

C. Industries Related to Food Service
   1. Wholesale grocery
   2. Meat packers
   3. Food processing
   4. Farming
   5. Building (physical plant)
      a. Contracting
      b. Decorating (interior)
      c. Building materials
   6. Transportation
   7. Manufacturers
      a. Equipment
      b. China and glassware
      c. Paper goods
   8. Distillers of beverages

D. Services and Policies of "The House"
   1. Catering special functions
   2. Banquet facilities
   3. Children's menus
   4. Hours of service
   5. Parking facilities
   6. Telephone service
   7. Restrooms
   8. Souvenirs (menus--postcards)
   9. Wine list (in some operations)
   10. Payment by check, charge cards, etc.
   11. Community information

BEST COPY AVAILABLE

II. INTRODUCTION TO THE FOOD SERVICE INDUSTRY (Contd.)

E. Meeting the Manager's Expectations
   1. Initiative
   2. Capability
   3. Loyalty
   4. Honesty
   5. Dependability
   6. Willingness to accept directions

F. Job Description in the Food Service Industry
   1. Chain of authority
      a. Executive chef
      b. Chef
      c. Pastry chef
      d. Garde manger
      e. Maitre d'hotel
   2. Assistants to the department heads
      a. Sous chef
      b. Baker
      c. Fry cook
      d. Broiler cook
      e. Pantryman
   3. Dining room personnel
      a. Waiters or waitresses
      b. Hostess or headwaiter
      c. Cashier
      d. Helpers
         (1) Busboy
         (2) Coffee girl

III. BASIC NUTRITION

A. Definition of Nutrition

B. Factors Influencing Food Choices
   1. Nationality
   2. Religion
   3. Region
   4. Culture

C. Basic Four Food Groups
   1. Dairy products
      a. Milk
      b. Butter
      c. Ice cream
      d. Cheese
   2. Vegetables and fruits
      a. Dark green leafy vegetables
      b. Deep yellow vegetables
      c. Citrus fruits
      d. Cantaloupes
      e. Strawberries

III. BASIC NUTRITION (Contd.)

3. Meat group
   a. Beef
   b. Veal
   c. Lamb
   d. Poultry
   e. Seafoods
   f. Nuts
   g. Dry beans and peas
4. Bread and cereal group
   a. Breads
   b. Cereals
   c. Corn meal
   d. Grits
   e. Rice
   f. Paste products

D. Composition, Functions and Sources of Nutrients
1. Carbohydrates
   a. Source - grains
      (1) Starches
      (2) Sweets
   b. Function - supply energy
   c. Composition
      (1) Carbon
      (2) Hydrogen
      (3) Oxygen
2. Protein
   a. Source
      (1) Meat and poultry
      (2) Fish and seafood
      (3) Nuts - dry beans
      (4) Cheese - milk
      (5) Eggs
   b. Functions
      (1) Build body tissues
      (2) Repair body tissues
   c. Composition
      (1) Carbon
      (2) Hydrogen
      (3) Oxygen
      (4) Nitrogen
      (5) Sulfur
   d. Kinds
      (1) Complete
      (2) Incomplete
3. Fats
   a. Composition
      (1) Carbon
      (2) Hydrogen
      (3) Oxygen
   b. Sources
      (1) Butter

III. BASIC NUTRITION (Contd.)

(2) Milk
(3) Oils
(4) Cream
(5) Eggs

c. Functions - to supply work energy for body activities

4. Minerals
   a. Sources and functions
      (1) Calcium
      (2) Iron
      (3) Iodine
      (4) Phosphorus
   b. Composition
5. Vitamins
   a. Sources and functions
      (1) Thiamin (vitamin B_1)
      (2) Riboflavin (vitamin B_2)
      (3) Niacin (nicotinic acid)
      (4) Vitamin C (ascorbic acid)
      (5) Vitamin A
      (6) Vitamin D
   b. Composition
6. Water
   a. Importance to body functions
      (1) Body temperature
      (2) Regulate body processes
      (3) Carry nutrients to body cells
      (4) Carry waste products away from nutrients
   b. Composition

E. Digestion
   1. Absorbtion of food
   2. Harmful habits that impair digestion
   3. Overeating
   4. Emotional state affects digestion
   5. Through mastication

F. Retention of Nutrients in Food
   1. By proper cooking
   2. By proper storing

IV. QUINMESTER POST-TEST

BIBLIOGRAPHY
(Awaken to the World of Food Service)

Basic References:

1. Commercial Cooking and Baking Information Sheets, Series #1-17. Miami, Florida: Dade County Public Schools, Division of Vocational, Technical and Adult Education.

2. Folsom, Le Roi A. The Professional Chef. 2nd ed. Chicago, Illinois: Institutions Magazine, 1969. Pp. 354.

3. Haines, Robert G. Food Preparations for Hotels, Restaurants and Institutions. Chicago, Illinois: American Technical Society, 1968. Pp. 634.

4. Stanley, Louise, and Cline, Jessie A. Foods: Their Selection and Preparation. Rev. ed. Boston: Ginn and Company, 1960. Pp. 388.

Supplementary References:

5. Food Service Industry, The. Washington, D.C.: Department of Health, Education and Welfare, 1961. Pp. 183.

6. Gregg, Joseph C. Cooking for Food Managers. Dubuque, Ohio: Brown Publishing Company, 1960. Pp. 148.

7. Sanitary Food Handling. New York: University of New York, 1962. Pp. 256.

8. Stokes, John W. Food Service in Industries and Institutions. Dubuque, Iowa: Brown Publishing Company, 1960. Pp. 256.

Curriculum Guides and Workbooks:

9. Basic Nutrition. Instructor's Guide. Tallahassee, Florida: State Department of Education, 1969.

10. Food Preparation: Study Course. Ames, Iowa: Iowa State University Press, 1971.

11. Food Sanitation: Study Course. Ames, Iowa: Iowa State University Press, 1971.

12. Food Service Employee. Teacher Manual and Student Manuals. Lubbock, Texas: Texas Technical University, School of Home Economics.

13. Food Service Training. Fort Lauderdale, Florida: Home Economics, Vocational and Technical Education Department, Broward County School Board, 1970.

14. Management of Food Service. Instructor's Guide. Tallahassee, Florida: State Department of Education, 1970.

15. Quantity Food Preparation and Service. Instructor's Guide. Tallahassee, Florida: State Department of Education, 1969.

16. Supervised Food Services. Tallahassee, Florida. State Department of Education, 1969.

17. Work Simplification in Food Service. Ames, Iowa: Iowa State University Press, 1971.

Transparencies:

1. Basic Values in Nutrition. St. Paul, Minnesota: 3 M Company, 3 M Center.

   Part I - Milk and Meat Group. 20 visuals
   Part II - Vegetable-Fruit Group. 20 visuals
   Part III - Bread-Cereal Group. 20 visuals

2. Safety in the Kitchen. St. Paul, Minnesota: 3 M Company. 20 visuals.

3. Sanitation in the Kitchen. St. Paul, Minnesota: 3 M Company. 20 visuals.

Films:

		Dade County Film Ordering Number
1.	Best Food in Town. 15 min. Color. Texas Health Department.	1-31156
2.	Dairy Industry, The. 11 min. B/W. Mahuke	1-03898
3.	Food and People. 25 min. B/W. EBEC	1-30055
4.	Menu Magic. 15 min. B/W. EBEC.	1-11551
5.	Wheat: The Staff of Life. 33 min. B/W. Simmel-Mes.	1-03764
6.	Why Foods Spoil. 14 min. Color. EBEC.	1-11549
7.	Your Daily Bread. 14 min. Color. Southern Bakeries.	1-11542
8.	Your Food. 12 min. B/W. McGraw-Hill.	1-11544

Filmstrip:

1. Meat Identification Series. Colonial Films. (Order from Cook Consultants, P. O. Box 22857, Fort Lauderdale, Florida 33315)

A P P E N D I X

Quinmester Post-Test Samples

QUINMESTER POST-TEST I

Name _____ Date _____ Score ____

Instructions - Complete each of the following statements by writing the missing word in the space provided.

1. Sanitation is divided into three areas:

   a. _____

   b. _____

   c. _____

2. Appearance of food service personnel should be _____, _____, and in _____.

3. Food becomes contaminated by harmful _____.

4. Spoilage in canned vegetables may often be detected by _____ of can.

5. Symptoms of food poisoning are _____ and _____.

6. _____ is a gastro-intestinal food infection caused by eating infected meat.

7. _____ is a food poisoning caused by eating food contaminated by boils, cuts and abcesses.

8. The temperature of water in a dishwashing machine should be _____ degrees.

9. The dishwashing machine should be _____ after each meal.

10. _____ is a pork-associated parasite.

QUINMESTER POST-TEST II

Name _____ Date _____ Score ____

Instructions - Answer and explain in complete sentence form.

1. Name two certificates needed for food service personnel and explain why they are necessary.

2. List five of the nine qualifications necessary to advance to a position of authority.

3. Name the place and date of the first "Coffee House."

4. Explain the purpose of the first public eating places.

5. How does the food service industry rank among all of the industries of the nation?

6. List the four major areas in food service that offer career opportunities.

7. Name two types of food service units and give three examples of each.

8. List the personnel responsible for the food production areas below.

   a. Range area _____ _____

   b. Salad department or pantry _____ _____

   c. Baking area _____ _____

9. Name the personnel for the dining area in the order of command

a.

b.

c.

d.

e.

10. Name five out of eight industries related to food service

a.

b.

c.

d.

e.

QUINMESTER POST-TEST III

Name _____ Date _____ Score ____

I. Instructions - Each of the following statements is either true or false. If the statement is true, draw a circle around the letter T following it; if the statement is false, draw a circle around the F.

1. Nutrition is the science of nourishing the body properly. T F

2. Proper cooking and storing of food will help retain its nutritive value. T F

3. Protein is used mainly to supply heat and energy. T F

4. Of the Basic Four Food Groups, the meat group is the most important. T F

5. Liver is an excellent source of iron. T F

6. No single food contains all of the nutrients in amounts needed for proper nutrition. T F

7. Faulty diets are mostly responsible for digestive disturbances. T F

8. The vegetable/fruit group provides the protein that is needed by the body. T F

9. It is not entirely necessary for food to be chewed thoroughly as it will be broken down in the digestive process. T F

10. Enzymes speed up the digestive process. T F

II. Instructions - Write the proper letter in the space provided.

___ 1. Name one of the following groups not included in the Basic Four Food Groups:

a. Milk group
b. Vegetable/fruit group
c. Mineral group
d. Meat group
e. Bread/cereal group

___ 2. Choose the mineral needed by hemoglobin of the blood:

a. Iron
b. Calcium
c. Phosphorus
d. Sodium
e. Iodine

___ 3. The normal temperature of the human body is:

a. 90.6 Degrees
b. 98.6 Degrees
c. 96.8 Degrees
d. 98.0 Degrees

___ 4. Vitamin A helps prevent:

a. Scurvy
b. Beri-beri
c. Night blindness

___ 5. In nutrition, energy values are expressed as calories. Which one of the definitions listed below is correct:

a. A calorie is the weight of cooked food in terms of grams.
b. A calorie is the amount of heat required to raise the temperature of one gram of water one degree Centigrade.
c. A calorie is the nutritive value of digested food.
d. A calorie is a unit to measure minerals and vitamins in daily food intake.

ANSWER KEY TO QUINMESTER POST-TEST I

1. a. Physical plant
   b. Equipment and utensil maintenance
   c. Ware washing
2. Neat, clean, good taste
3. Bacteria
4. Swelling
5. Vomiting - dysentery
6. Salmonella
7. Staphylococcus
8. 180 degrees
9. Cleaned
10. Trichinosis

ANSWER KEY TO QUARTMESTER POST-TEST II

1. Food Handlers Certificate - To become familiar with food sanitation, personal hygiene and bacteria.

   Certificate of Health - Chest X-ray, blood test, to assure management of good health - no contagious diseases

2. Dependability
   Good work habits
   Willingness to work
   Interest
   Cooperation
   Capability
   Honesty
   Loyalty
   Initiative

3. Constantinople - 1554

4. To supply food, shelter and basic comforts for persons away from home.

5. Second in the nation

6. Management
   Production personnel
   Sales personnel
   Sanitation personnel

7. Service Units:
   a. Table service
   b. Counter service
   c. Tray service

   Service Units:
   a. Buffet or smorgasbord
   b. Cafeteria
   c. Take-out

8. Range area Executive chef Chef
   Salad Department (Pantry) Garde Manger Pantryman
   Baking area Pastry chef Baker

9. Maitre d'Hotel
   Headwaiter
   Waiter-waitresses
   Cashiers
   Busboy or busgirl

10. Wholesale grocery
    Meat packing
    Food processing
    Farming
    Transportation
    Building and contracting
    Wine distillers
    Manufacturers of china, glassware and silverware
    Interior decorating

ANSWER KEY TO QUINMESTER POST-TEST III

I. 1. T
2. T
3. F
4. F
5. T
6. T
7. T
8. F
9. F
10. T

II. 1. c
2. a
3. b
4. c
5. b